

FAIR WOMEN & PROMINENT MEN USE AND PRAISE PE-RU-NA

THE TRIUMPHS OF PE-RU-NA INCREASE

Thousands of Chronic Catarrhal Ailments Cured Every Month—Disguised Internal
Catarrh the Enemy of Mankind—Peruna the Only Internal
Systemic Catarrh Remedy Yet Devised—Prominent
Cases in Illustration.

Miss
ALICE
BIELKE

RACHAEL
KEMBALL M.D.

Miss Alice Bielke, treasurer Young Women's Society of the Lutheran Church, Monmouth, Wis., writes: "I gratefully acknowledge the good that Peruna did me after I had been sick with a gripe, which left me in a very weak and emaciated condition, with catarrhal trouble of the head and ears. My mother suggested that I take it to build up my strength and rid myself of the troublesome catarrh, and it acted with wonderful speed. I was able to resume my work inside of two months, and I am in splendid health now."

CATARRH has been so generally thought to be a disease confined to the head and throat that it is very difficult to get many people to understand that catarrh may affect any part of the human body. All the organs of the body are lined with mucous membrane; all the passages of the body are also lined with mucous membrane. Wherever there is a mucous membrane, there catarrh may exist.

Peruna is not a cure-all. It cures catarrh. This is all that is claimed for it. Very few people can honestly say that they are entirely free from catarrh. A cough is catarrh of the bronchial tubes. A cold is acute catarrh. Chronic catarrh is simply an old cold. The people who catch cold easily have catarrh in the system. Thousands of people have catarrh who do not mistrust it. Peruna

is the only scientific remedy for catarrh yet discovered. A copy of Dr. Hartman's latest book on chronic catarrh sent free by the Peruna Medicine Co., Columbus, Ohio.

Catarrh usually begins as a cold in the head or throat, and is neglected until it becomes chronic; then it begins to show on the victim that he has catarrh. Unless he is very foolish indeed he will not rest easy until the catarrh is entirely cured. Thousands pay no attention to it until it is too late.

If Peruna is used the cold never becomes chronic, and hence catarrh is prevented. But after catarrh has become thoroughly established, Peruna will cure it, but it will take much longer.

Miss Mary E. Judge, 23 Richmond Street, West Toronto, Canada, writes:

"I have been troubled with catarrh almost ever since I can remember. About five years ago it settled in the middle ear, causing great difficulty in hearing. I am indeed grateful to say that three bottles of Peruna relieved me so greatly that I felt encouraged to continue its use. After taking eleven bottles more I was entirely and permanently cured. I had spent hundreds of dollars on bottles of medicine, without relief, while 24 spent for Peruna cured me within a few short weeks."

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Miss MARY E. JUDGE

Miss MABELLE RYCE



Miss Mabelle Ryce, 47 Ashland Boulevard, Chicago, Ill., also Arion Musical Society, writes: "Last winter I was exposed to the rain for hours in the extremely cold weather and was drenched to the skin. The result was that I was laid up with inflammation and catarrh of the pelvic organs. What to do I did not know. Nothing seemed to relieve me, until the druggist advised me to try Peruna. A remarkable change for the better took place in a few days, and in a few weeks I was a well woman again. Since that time Peruna has been my medicine chest. I find that it cures constipation, indigestion and liver and stomach troubles."

Mrs. Cora Whitney, 100 South Division Street, Buffalo, N. Y., vice-president East Side Prohibition League, writes:

"Let me add my testimonial to the many thousands of grateful persons who have been cured by Peruna. For a long time I suffered from catarrh of the eyes. My eyes were red, the lids were thick, my vision was blurred at times, and my eyes watered. They felt as if there were sand in them all the time, and the suffering greatly inconvenienced me. Upon the recommendation of a friend, who had been greatly benefited by Peruna, I gave the medicine a thorough trial, with the result that I was perfectly cured, and my eyes are now as strong as ever."

Mrs. MAY A. DALY

MRS. CORA WHITNEY

Peruna cures various diseases of the nose, throat, lungs, stomach, kidneys or pelvic organs, because two-thirds of the body of mankind are due to catarrh. With healthy mucous membranes, catarrh is enabled to throw off contagion and health follows inevitably.

Catarrh of the lungs is, ordinarily, known as consumption; also called tuberculosis. In these cases the catarrh has usually found its way into the lungs by the gradual extension of the disease from the throat through the bronchial tubes. Consumption is the natural termination of all cases of neglected chronic catarrh. Every one who is afflicted with chronic catarrh is liable to be attacked with consumption at any time. In the first stages of the disease Peruna is a sure cure; in the later stages of the disease Peruna can be relied upon to produce great benefit, and in a large percentage of cases produce a permanent cure. All those afflicted with this dread disease should begin at once treatment with Peruna.

Mrs. May A. Daly, 225 Richmond Street, West Toronto, Ont., writes: "Peruna is our favorite family remedy. It saves us doctor bills and keeps us all well. I found that it is a specific for catarrh of the head or stomach, and I know of nothing which will so quickly relieve the system from the effects of a cold. I find it especially desirable for children in cases of colic, cramps or colds. I gladly recommend it to parents, as I know by experience that it will save them much sickness, as well as money."

Catarrh is almost a national curse. Nearly everybody has had it more or less. In its incipient stages don't know it. Catarrh will produce so many different conditions that it is no wonder that it is not often recognized.

Catarrh will produce deafness; will affect the eyesight.

Catarrh will enlarge the tonsils and will make the throat sore.

Catarrh will cause consumption, dyspepsia, kidney disease and so many other conditions that it is no wonder that doctors fail to recognize it.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



REAR ADMR.
PHILIP HICHBORN

Philip Hichborn, Rear Admiral U. S. Navy, writes from Washington, D. C., for a short period I was laid up with catarrh of the head and throat, and I am in splendid health now."

Peruna is of national fame as a catarrh remedy. It is the only internal, systemic catarrh remedy known to the medical profession. It makes diseased mucous membranes healthy, whether it is the mucous membrane lining the nose, throat, lungs, stomach, kidneys or pelvic organs.

NATIONAL SPORT OF JAPAN

WRESTLING is the national sport of Japan. Traditionally its history in the island empire goes far back before the birth of Christ. More recently the tradition relates that in the year 89 A. D., when the Emperor Buntoku died, there were two rival claimants for the throne, Prince Korehito and Prince Koretaka. Instead of calling out their retainers and starting a civil war the rival candidates for the throne met and decided to let the problem be settled by a wrestling match. Each prince chose his champion and in the presence of a great gathering of the nobility the two wrestlers met and struggled for supremacy. The champion of Korehito won and he, therefore, became the emperor.

For many generations all the members of the samurai or military caste in Japan were taught wrestling as one of the accomplishments of a fighting man. Later a caste of professional wrestlers grew up and the art was no longer generally practiced. During feudal days in Japan each of the great lords had his corps of professional wrestlers, who fought together for the national championship. For years the nobility patronized wrestling and wrestlers as the nobility and gentry of Great Britain patronized pugilism and pugilism. During this era professional wrestlers were a favored caste. They enjoyed immunity from bridge fines and ferry tolls and were permitted to hire post horses at reduced rates.

When the old feudal lords of Japan were overthrown in 1868 their wrestling retainers lost their privileges and have since been dependent on the caprices of the public. Just as are the pugilists of Great Britain and the United States. But this has rather increased the popularity of the sport than otherwise.

At present there are about 400 recognized professional wrestlers in the empire. They are divided into three classes, according to their skill and reputation. The lowest class appears barefooted, the next class wears digitated socks, while the highest class is identified by the wearing of sandals, a sword, and various other garments and ornaments.

The great semi-yearly wrestling matches are held in January and June in the temple of Edo in Tokyo. These matches are held under the auspices of the toshiyori, a guild of aged and retired professional wrestlers, who share the profits and stand the losses attached to them.

The great Tokyo matches are held in a large tent, in the center of which is the wrestling platform, elevated about three feet above the floor. To the posts about the platform are fastened many sheets of paper, buckets of water and a vessel containing salt. Tiers of seats rise all

about, the price of admission being 10 sen, or about 5 cents, with an additional charge for a reserved seat.

On the opening day of the matches drums are beaten all over the city by way of notice and a larger drum is sounded from the top of a forty foot tower just without the wrestling inclosure. During the early part of the day the wrestlers of the lower rank struggle together. As the day advances the better class of performers come on, and generally the matches between the champions begin about 2 o'clock in the afternoon.

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